



Photo by Sgt. Ian Morales, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division runs for awareness of Sexual Assault Awareness and Prevention Month, April 1. From left in the front rank, two senior Tropic Lightning lead-
ers, Brig. Gen. Gary M. Brito, deputy commander, Operations, and division commander Maj. Gen. Charles A. Flynn, take part in their last division run, here. The Soldiers ran as part of an ongoing
commitment to eliminating sexual assault from the ranks. Read the story on p. B-3.

Army now opening infantry, armor branches to women

DAVID VERGUN
Army News Service

WASHINGTON — Beginning this month, all positions in 19 series armor, 11 series infantry and the 13F forward observer specialty will open to women.

It means all of the traditional combat-arms branches are now open to both female officers and enlisted.

Women who enlist for the newly opened specialties beginning Friday, though, will ship to basic combat training later this year, said Brig. Gen. Donna W. Martin, deputy commander, U.S. Army Recruiting Command.

Leaders first approach

As it did with the other combat-arms specialties, the Army wants officers and noncommissioned officers in place before new female Soldiers head to infantry and armor units, Martin said. With this “leaders first approach,” the Army will have women to serve as role models as well as mentors for new female Soldiers in the unit.

That approach affects the training timeline.

Female officers will go through their combat arms basic courses later this fall and then they’ll head to their units, she said.

Women who enlist for the newly opened MOSs will ship to their basic combat training locations “after we get the female leaders in place,” Martin said.

That buys time to get new infrastructure and cadre in place for the women.

Not yet a flood

Last year, the 12B combat engineer and 13B and 13D artillery MOSs opened to women.

Martin said there hasn’t been a flood of young women who want to join the combat arms. However, this is about the opportunity and women understanding there are no barriers stopping them from selecting any career they choose in the Army.

Although she couldn’t forecast the future, Martin said she suspects that over time, the trend could change as women enter combat arms specialties and serve as role models.

“Look at the three female Rangers who completed Ranger school,” she said. “I think young girls are saying ‘if they can do it, I can do it too.’”

They inspired not just Soldiers, but women across America, she added.



Photo by Staff Sgt. Russell Klika, John F. Kennedy Special Warfare Center and School

Soldiers negotiate obstacles during the Cultural Support Assessment and Selection program. The U.S. Army Special Operations Command's cultural support program prepares all-female Soldier teams to serve as enablers supporting Army special operations combat forces in and around secured objective areas.

Acceptance

The culture is changing and in many ways has already changed with regard to women in combat arms specialties, Martin said.

Over the last 15 years, multitudes of women have deployed to Iraq and Afghanistan, where the traditional front line was blurred, she said.

“Women have held their own in combat and proven themselves over and over again,” she said. “Our operators have seen that for many, many years.”

Martin added women are ready for these jobs.

“As I speak to our recruiting force, they welcome it as well,” she

added. “They don’t see this as a big deal. They believe that as long as the standards don’t change – and they won’t – everyone should have the same opportunities. When you put on our uniform and when you join our family, it doesn’t matter what gender you are.”

Martin said when she asks Soldiers if they have daughters, a good number say “yes.” She then challenges them.

“How would you feel if someone told your daughter she could not do something?” she said. “They all agree that if their daughters wanted to do something, they should have the opportunity. What an exciting time this is for our Army and for the United States.”

Kahuku farmland preserved through collaborative effort

TRUST FOR PUBLIC LAND
News Release

NORTH SHORE — Officials with Army, federal, state and county government, as well as private, nonprofit organizations, announced they have recorded a Grant of Conservation Easement that permanently protects 468 acres of productive farmland in Kahuku on Oahu’s North Shore, Monday.

This momentous effort was the result of collaboration between the private landowners of Turtle Bay Resort, The Trust for Public Land, the North Shore Community Land Trust, the City and County of Honolulu, the State of Hawai’i and the Army.

With the makai conservation effort that closed in October 2015, more than 1,200 acres of North Shore land are now permanently protected from future development.

The agricultural land, located mauka (toward the mountains) of Turtle Bay Resort, is owned by Turtle Bay Mauka Lands LLC, a company formed by the owners of Turtle Bay Resort. An agricultural conservation easement now permanently dedicates the land to agricultural uses and prohibits further subdivision, changes in zoning or land use classification, and residential or resort development. Twelve farmers are currently working the land by growing fruits and vegetables, including bananas, papayas, basil, tomatoes, eggplant and taro.

In addition to permanently dedicating the land to agriculture, the landowner will also be offering to license smaller community and business incubation farm lots, and has set aside a two-mile strip along Kamehameha Highway for a future pedestrian and bike path.



Graphic courtesy of Trust for Public Land

“We need to support agriculture and help our local farmers dramatically increase the amount of food we grow locally. Securing this land for

farming in perpetuity is a tremendous step forward in that effort,” said Gov. David Ige.

The perpetual agricultural conservation easement was purchased through The Trust for Public Land, a national nonprofit land conservation organization. The Trust for Public Land assembled the \$6 million to purchase the easement

from three programs: \$3 million from the Pentagon’s Readiness and Environmental Protection Integration program and the Army Compatible Use Buffer (ACUB) program; \$1.5 million from the State of Hawaii Legacy Land Conservation Program (which receives 10% of the state real estate conveyance tax); and \$1.5 million from the City and County of Honolulu Clean Water and Natural Lands Fund (which receives 0.5% of real property taxes).

“We are very pleased to be able to participate in this purchase and partner with other community entities to protect and conserve this land for agricultural use by future generations,” said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii.

The ACUB program is an integral component of the Army’s sustainability triple bottom line: mission, environment and community. ACUB is an innovative tool to address encroachment and achieve conservation objectives by proactively addressing encroachment that causes costly workarounds or compromises training realism.

An ACUB allows an installation to work with partners to encumber land to protect habitat and training without acquiring any new land for Army ownership. Through ACUBs, the Army reaches out to partners to identify mutual objectives of land conservation and to prevent development of critical open areas. The program allows the Army to contribute funds to the partner’s purchase of easements or properties from willing landowners.



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Parking infractions lead to rise in tickets

COL. DUANE R. MILLER
Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

Parking comes at a premium on all U.S. Army Garrison-Hawaii installations.

Whether you are attempting to visit your dining facility, pick up groceries at the commissary or any other location on our installations, one thing is clear: Finding a safe and convenient place to park can be difficult and time consuming.

This leads to members of the community taking short cuts and parking in unauthorized areas. As a law enforcement organization, we understand the parking situation, but also have the responsibility to the community to enforce rules and regulations that are emplace to ensure the community is safe. Over the past few weeks, community members have been cited with their fourth parking ticket within a 12-month period. These infractions lead to a 90-day suspension of on post driving privileges.

Parking infractions remain a constant concern, because they result in unsafe conditions and affect all the members of our community. When a vehicle is parked outside of designated areas, fire lanes can be blocked, traffic flow may be impeded and delays can form – all of which impact emergency response and good order on our streets.

The Directorate of Emergency Services is committed to the enforcement of the parking regulations on post, emphasizing the importance of safety and respect that comes with the responsibility of operating a motor vehicle in our community.



With an emphasis on safety, good order and discipline, the Military Police and Department of the Army civilian police consistently enforce the parking regulations throughout USARHAW. The Provost Marshal Office sends tickets (DD 1408) directly to the sponsor's unit commander whenever someone has committed a parking infraction. These notifications can lead to an adverse impact on a Soldier's career for a violation that is completely avoidable.

Please help our community and continue to park your vehicles in the appropriate, designated loca-

tions. Your continued efforts help ensure that our emergency response personnel can reach where they are needed quickly and safely. By doing the right thing when parking, you ensure that your fellow community members are afforded the opportunity to move about safely.

Each of us has a responsibility to be part of the solution, and I know that every person who lives and works on our installations is making every effort to do so.

Policy & DES

Parking is authorized within two white painted parking lines on streets and in parking lots. Parking is unauthorized against the flow of traffic, in a crosswalk, or on grassed or seeded area. Parking is also unauthorized where official signs prohibit parking or when the curb is painted yellow or red and when the roadway is marked yellow or white. If you receive four parking citations within a 12-month period, your post driving privileges will be suspended for 90 days.

Don't get suspended! Read USARHAW Regulation 190-5 (U.S. Army-Hawaii Traffic Code) at www.garrison.hawaii.army.mil/.

For more information on Directorate of Emergency Services and the personnel who support this community, visit www.garrison.hawaii.army.mil/des/default.htm.



25th SJA posts courts-martial results

The 25th Infantry Division Staff Judge Advocate posts the results of the most recent court-martial.

- A specialist assigned to Company E, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, was acquitted by military judge alone of two specifications of aggravated sexual contact.
- A specialist assigned to Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID, was convicted by military judge alone of two specifications of aggravated sexual contact and two specifications of other sexual misconduct - visual recording. He was sentenced to reduction to private (E-1), confinement for 23 months and to be discharged from service with a Bad-Conduct discharge.

511STEPS in FAITH

Could an attack like Pearl Harbor happen again?

CHAPLAIN (CAPT.) MICHAEL RUMSCHIK
3rd Brigade Combat Team
25th Infantry Division

Hawaii will never forget Dec. 7, 1941; the day the Imperial Japanese Navy launched a surprise attack. The results were catastrophic: 3,581 casualties (2,403 killed), 169 destroyed aircraft and another 159 damaged, and two battleships destroyed, plus another 16 vessels severely damaged.

The disturbing fact is that the price, paid by American blood and dollars, didn't have to be so costly. On Dec. 6, 1941, the U.S. intercepted a Japanese message that inquired about ship movements and berthing positions at Pearl Harbor. The cryptologist gave the message to her superior, who said he would get back to her on Monday, Dec. 8. On Sunday, Dec. 7, a radar operator on Oahu saw a large group of airplanes on his screen heading toward the island. He called his superior who told him it was probably a group of Army Air Corps B-17 bombers. His next words were chilling: "Don't worry about it."

Historically, the U.S. has been very good at applying lessons learned on the battlefield to ensure success or evade disaster the next time. An element that distinguishes the U.S. military is its appetite to evolve and never remain static in such a way that each generation of leaders and Soldiers should exceed their predecessors.

And so, I would like to think, the answer to the question raised above would be "No." The culmination of decades of field exercises, leader development, after action reviews and our nation's wars have continued the

tradition of sharpening the tip of the spear. It is a comforting feeling to know one's nation is safe(r) from the many perils throughout our world that have the potential to cause immense harm.

However, I am not so certain in our ability as individuals to defeat similar dangers. Mysteriously, there is a disconnect between demonstrating discipline at work which corresponds to discipline displayed at home. The crucial historical errors made above, like

"That sounds really important ... I'll do it when it is convenient" or "Don't worry about it" are inexcusable in our ranks. Nevertheless, somehow these very words sneak their way into our private world, and just like on Dec. 7, 1941, the results are costly.

You have heard it before:

- "I'm going to focus on college ... later."
- "I'm going to spend more time with my kids or spouse ... later."



Historical photo courtesy of Associated Press

Troops watch the skies from a water cooled .30 caliber machine gun nest following the Japanese attack on Wheeler Army Airfield, Dec. 7, 1941. WAAF was one of the very first targets to be hit by IJN carrier planes.

- "I'm going to attend church ... later."
 - "I'm going to get my finances right ... later."
 - "I'm going to _____ ... later."
- The problem then and the paradox now is "later" is often too late.
- The other downfall of many Soldiers of all ranks is the haunting words we heard earlier, where we tell ourselves "don't worry about it." Quite often, this involves moral reasoning or excuse making which sounds something like:
- "Everyone else is doing it."
 - "No one will ever know."
 - "I deserve this."
 - "Just do what is easier."

If we aren't disciplined, the same occurrences will surface in our personal lives, and just as in the attack on Pearl Harbor, the results will be costly.

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11.

Visiting Pearl Harbor today, particularly the Arizona Memorial, is a sobering experience – to behold something that once possessed so much power, value and potential, but now is only a memory. My prayer is that the same will never be said of my career, my integrity, my marriage, my health, my relationship with my kids or with God.

(Note: Rumschik is the chaplain for the 2nd Battalion, 35th Infantry Regiment "Cacti.")

In recognition of Alcohol Awareness Month, we asked, "What's the best way to prevent drinking and driving?"

By Sgt. Jon Heinrich, 8th Theater Sustainment Command Public Affairs



"Before you go out, assign a battle buddy to be the designated driver."

Master Sgt. Gregory Henderson, NCOIC, G-4 Operations



"Having a designated driver before starting the night."

Spc. Kreighton Long, Defense POW/MIA accounting agent, 8th TSC



"Always take a designated driver. That way, he can take care of you and your buddies."

Pfc. David Rivera, HR specialist, Human Resources Support Center



"Have a designated driver when you'll be consuming alcohol."

Pfc. Philip Sechow, satellite operator/maintainer, 94th AAMDC



"Having a group to check yourself and make sure no one is stupid enough to drive a car while intoxicated."

Spc. Caiden Seely, vehicle mechanic, 8th TSC

Voices of Ohana

25th ID bids farewell to deputy commander

Story and photo by
STAFF SGT. TRAMEL GARRETT
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The Tropic Lightning Division bid farewell to Brig. Gen. Gary M. Brito, outgoing 25th Infantry Division deputy commander-operations, during a “Flying V” Ceremony held on Weyand Field, here, April 1.

“He is skilled leader, talented professional, senior leader and general officer of the Tropic Lightning Division,” said Maj. Gen. Charles Flynn, commander, 25th ID. “We were fortunate to have him in our formation. His leadership made an immediate and sustained impact on the force and the Army across the Pacific.”

Brito is no stranger to training and shaping leaders, as his previous assignment was the director, Force 2025 and Beyond, U.S. Army Capabilities and Integration Center, which is used to structure the future of the Army.

“He’s a superb trainer, evenhanded and steady,” Flynn said. “His (teaching) and observations made us better at war fighting. What struck me early about Gary is he always put the needs of the division first and he thought of his Soldiers always.”

Brito said he was very grateful for the opportunity to impact Soldiers and train leaders of the Tropic Lightning Division looks forward to



Brig. Gen. Gary M. Brito, (right) deputy commander, Operations, 25th ID, receives the Legion of Merit from division commander Maj. Gen. Charles Flynn during a Flying V ceremony, April 1.

training units all across the Army.

“Maj. Gen. Flynn, thank you for the trust. Thank you for the confidence and maneuver space that enabled me to do the job of a (deputy commanding general) supporting a lethal and well trained combat ready division,” Brito said.

Brito will move on to become the commanding general of the Joint Readiness Training Center and Fort Polk.

“My time here has been great,” Brito said. “Collectively, as a team, we were able to improve training and combat readiness of this division.”

“I know there will be challenges in the duties of a senior commander, and I was able to learn a lot about that from Maj. Gen. Flynn. I looking forward to that, and quite frankly, I’m looking forward to giving back,” Brito said.

AAFES focuses on making USAG-HI Soldiers’ lives better

**ARMY & AIR FORCE EXCHANGE SERVICE
PUBLIC AFFAIRS**

News Release

SCHOFIELD BARRACKS — Army & Air Force Exchange Service deputy director Mike Immler is making it his mission to ensure the Exchange is doing all it can to serve Soldiers, here.

“The Exchange is dedicated to making USAG-Hawaii a community, ensuring Soldiers, retirees and their families have a place to shop and dine that they can be proud of,” Immler said.

To better understand how the Exchange can best meet the needs of the community, Immler met with Col. Richard Fromm, garrison commander, during his visit, Tuesday, and toured the Schofield Barracks Exchange facilities, Express locations and the Fort Shafter PX Market, talking to Exchange associates and shoppers.

The Exchange is dedicated to bringing name brands to Soldiers. This summer, a “BE FIT” concept shop is coming to the main store. This store-in-store concept will look like major sporting goods stores, with athletic footwear and ap-



Photo by Christine Cabalo, Oahu Publications

Mike Immler, deputy director, AAFES, speaks with customer Capt. David Lakoskey, 25th Infantry Division.

parel together, a one-stop shop for products that contribute to health and resiliency featuring name brands.

“We’re committed to helping make USAG-Hawaii a great place to live and work,” Immler

said. “The Exchange remains focused on bringing terrific brands and great value to Soldiers.”

If Soldiers can’t find the products they need in the Schofield Barracks Exchange, they can go to shopmyexchange.com, which has been improved to make shopping and order fulfillment easier, Immler said.

Every time Soldiers shop at the Exchange or shopmyexchange.com, they are generating funds to help make life better at USAG Hawaii.

“For every dollar earned, historically, 67 cents comes back to the military community through the (MWR) dividend,” Immler said. “Last year, sales at USAG-Hawaii Exchange facilities generated more than \$1.1 million on behalf of MWR programs.”

DPW posts water quality reports

ENVIRONMENTAL DIVISION
Directorate of Public Works
U.S. Army Garrison-Hawaii

Since 1999, the Environmental Protection Agency has required public water suppliers to provide annual water quality reports to their water users. These reports are designed to educate the public on the origin of drinking water and provide water quality information for the previous year.

Annual water quality reports for the U.S. Army Garrison-Hawaii water systems are now available for review. The reports are on the USAG-HI Sustainability and Environmental Management website.

The garrison’s Directorate of Public Works operates four water systems: Aliamanu Military Reservation, Fort Shafter, Schofield Barracks and Tripler Army Medical Center. The AMR report includes both the Aliamanu and Red Hill housing areas; the Schofield report includes Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation.

In Hawaii, the primary drinking water supply comes from underground aquifers fed by rainfall. Naturally occurring minerals, radioactive material and other substances resulting from animal or human activity may be dissolved by the rainfall and percolate into the aquifers. The EPA sets limits on the amount of such contaminants present in drinking water, and DPW monitors the drinking water to help ensure that no contaminant level is exceeded.

DPW and Websites

DPW works hard to provide Army Soldiers, families and employees with the highest water quality possible. The directorate encourages residents and workers to look at the report for the installation where they live or work. If you have any questions about the reports or would like to request a hard copy, call the USAG-HI DPW Environmental Division at 656-7221 or 655-2878.

To see your community’s water quality reports online, visit one of the following:

- **Aliamanu:**
www.garrison.hawaii.army.mil/sustainability/Documents/DW/AMR.pdf
- **Fort Shafter:**
www.garrison.hawaii.army.mil/sustainability/Documents/DW/FS.pdf
- **Schofield:**
www.garrison.hawaii.army.mil/sustainability/Documents/DW/SB.pdf
- **Tripler:**
www.garrison.hawaii.army.mil/sustainability/Documents/DW/TAMC.pdf





Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com

Today

CSF2 Open House Today — All U.S. Army-Hawaii units are invited to the Comprehensive Soldier and Family Fitness Training Center open house, 10 a.m.-3 p.m., for an overview and demonstration of program capabilities at the CSF2 Center, 1612 Foote Ave., Bldg. 648, Schofield Barracks. Light refreshments will be served. Call 655-5707.

No SHARP — Sexual Harassment/Assault Response and Prevention classes scheduled this month at the

Schofield Barracks Education Center were cancelled due to air conditioning renovations. Call 438-5097.

15 / Friday

Tax Day Relief — AAFES is giving military motorists a double discount on gas until April 17. Drivers fueling up with a Military Star card at Army and Air Force gas stations will receive 10 cents off per gallon instead of the everyday 5-cents-per-gallon discount.

Purple Up Day — April marks the nation's "Month of the Military Child," a time to recognize military keiki for their strength, sacrifices and continued resilience. Wear something purple as a visible way to show support.

18 / Monday

SHARP — Decorate your office in support of Sexual Harassment/Assault Response & Prevention, April 18-22. Deco-

rations must be up by 9:30 a.m., April 21, with presentation of winning awards by the garrison command group to take place on April 22. Call 655-9433.

21 / Thursday

JROTC Review — The Hawaii State Governor's 34th Annual JROTC Review and Awards Ceremony takes place, 10 a.m., on Fort Shafter's Palm Circle parade field, for about 600 cadets from 24 public and two private schools. The event includes a cake-cutting ceremony and awards presented to supporting veteran organizations. Open to the public. Call 787-4095.

30 / Saturday

NTBI — National Prescription Take Back Day happens, 10 a.m.-2 p.m., in front of Schofield Exchange. Drop off expired, unwanted medication for safe disposal. Schofield collected 74.5 lbs. of unused drugs last year.

GOLD STAR FAMILIES



Photo by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Duke Scobie asks his sister, Drew, to point at the photo of their father (top left) inside the Na Koa Pu'uhonua Warrior Transition Center, here, Tuesday. Sgt. Drew M. Scobie lost his life in Afghanistan when the reconnaissance aircraft he was aboard crashed, Jan. 10, 2014. His daughter was named after him. The Scobies were one of the many family members honoring their fallen warriors on Gold Star Spouses Day. *(Editor's note: Read the story online at www.hawaiiarmyweekly.com.)*



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.

Today

Paumalu — HDOT is moving forward with improvements to the Paumalu Stream Bridge. The bridge is on Kamehameha Highway near Sunset Beach. Damage discovered during a recent inspection prompted the weight limit to be reduced from 25 to 15 tons. The work is anticipated to be finished in two months, weather permitting. Visit <http://hidot.hawaii.gov/highways/roadwork/>.

Krukowski — TAMC's Jarrett-White Road is current-

ly open to the public and access from Jarrett-White Rd. down Krukowski Road is available (up to unit 1114). However, Krukowski north of the Fisher House will still be closed until April 29. The original plan was for construction to be completed last fall.

11 / Monday

Mortar Marines — The Marine Corps will conduct mortar training this week while the Army continues artillery training. Soldiers and Marines will finish training on April 29.

Noise from the ranges might be heard when atmospheric conditions are right, but there's no cause for concern.

12 / Tuesday

Menoher — There will be a road closure on Schofield's Menoher Road, between Capron and Sutton avenues,

for utility installation. Traffic will be detoured around the construction area through Reilly Avenue, Williston Avenue, Cadet Sheridan Road and Sutton. The work will be performed 8:30 a.m.-5:30 p.m. until the end of May.

27 / Wednesday

Distracted Driving — April is National Distracted Driving Awareness Month, so take a drive in a new, state-of-the-art digital simulator system, 10 a.m. to 4 p.m., at the University of Hawaii at Manoa. The simulator lets people experience how dangerous it is to drive while distracted. Visit www.distraction.gov.

30 / Saturday

Lauhala Closures — A closure on Wheeler's Lauhala Road is scheduled to end today. The completion date of this plan was impacted by weather and was extended.

April is Sexual Assault Awareness and Prevention Month

GARY SHEFTICK
Army News Service
WASHINGTON — “It’s not easy to look into the eyes of a Soldier who may have been violated,” said Acting Secretary of the Army Patrick Murphy, speaking from an experience when he was a young officer.

Murphy spoke during an event in the Pentagon courtyard, March 31, to kick off Sexual Assault Awareness and Prevention Month, observed in April.

Murphy described how he assisted a private first class who had been assaulted, how the reporting process worked and what resources were available to help.

“We all know (sexual assault) is a cancer that we must root out by our words and our deeds,” he said.

The good news is that the Army is making progress, Murphy said. Incidents are down, while people are more inclined to report assaults. He noted that more personnel are receiving training on how to respond, but additional actions are needed.

The fight against sexual assault won’t be over until it is eradicated from the force, said Sgt. Maj. of the Army Daniel Dailey.

Dailey said it may sound like total elimination is asking a lot, “but we are the U.S. Army and we can do anything we decide to do.”

Many around the Army are already working hard to stop what he called a “diabolical internal threat.” He said “Many are giving it all – blood, sweat and tears for this unbelievably important mission.”

CSA: Assault affects readiness

Making progress in eliminating sexual assault is not good enough, said Army Chief of Staff Gen. Mark Milley.

“Progress doesn’t matter in war,” he said. “It matters that you win.”

Milley said sexual assault is a readiness issue. Along with equipment, personnel and training, he said readiness depends on important intangibles such as good order and discipline, cohesion and trust.

“We know through 10,000 years of military history that cohesive organizations – cohesive units – do extraordinarily well in combat,” he said. “Even if they don’t have all the people they’re supposed to have or the most modern equipment.”

Sexual assault “rips apart” the intangibles of an organization, he said. “It absolutely destroys trust.”

Bottom line is commanders and noncommissioned officers must be willing to enforce a standard of no tolerance for sexual assault or harassment, Milley said.

It’s important that all Soldiers be treated with dignity and respect, he emphasized.

He said there is a wide variety of programs in the Army with the fundamental purpose of changing the culture of the organization.

The bottom line is that commanders and noncommissioned officers must be willing to enforce a standard of no tolerance for sexual assault or harassment, Milley said.

It’s important that all Soldiers be treated with dignity and respect, he emphasized.

He said there is a wide variety of programs in the Army with the fundamental purpose of changing the culture of the organization.

Two of those programs were recognized at the ceremony.

SARC of the Year

Sgt. 1st Class Raquel R. Mendoza was recognized at the ceremony as the Army’s Sexual Assault Response Coordinator of the Year. She serves as SARC for the 4th Sustainment Brigade, 4th Infantry Division, at Fort Carson, Colorado.

Mendoza said she has assisted a number of victims of sexual assault, adding that she understands the loneliness that assault causes, and has empathy with victims because she is also a survivor.

It’s important not only to help the victims cope, but to help their families as well, Mendoza said, because sexual assault affects entire families.

Innovation awards

Sgt. Joshua James Kemp of the Kentucky National Guard was presented the Guard’s Innovation Award for Sexual Assault Prevention.

Kemp put together a design that has been placed on a number

of Kentucky Guard vehicles to advertise the sexual assault safe help line. The design depicts three Soldiers, the website and the help line phone number. The design has been transferred onto a “vinyl wrap” that can be “shrink-wrapped” onto the side of vehicles, he said.

Emergency numbers and help lines app

Members of the U.S. Army Combined Arms Support Command and the Training and Doctrine Command Mobile team were presented the Department of Defense Sexual Assault Innovation Award for designing an app for mobile devices. It provides users instant access to emergency numbers and help lines.

The app was designed when the team was part of CASCOM at Fort Lee, Virginia, in 2012. The app, available on the TRADOC Mobile website, has been adopted by 24 installations that added their own emergency numbers. Most recently the app was adopted by U.S. Army Europe, MacLaughlin said.

The app can not only be used by victims of sexual assault, but by those who witness the crime and want to report it.

In order to eliminate the crime of sexual assault, no one can be a bystander, Dailey said. The stigma for reporting sexual assault must be eliminated, he said.



MONTH OF THE MILITARY CHILD



Children prepare to march around the Bowen Child Development Center March 30 with blue pinwheels in support Child Abuse Prevention Month. Pinwheels for child abuse prevention are also on display in front of the Army Community Services office and at the Hawaii State Capitol. Below: A child looks for a place to stake her pinwheel after the parade at the Bowen CDC.

Keiki march seeks child abuse awareness, prevention

Story and photos by **CHRISTINE CABALO**
Staff Writer

SCHOFIELD BARRACKS — Dressed up in blue clothing, children and adults pledged to fight child abuse and helped proclaim April as Child Abuse Prevention Month during a parade held March 30.

Parade marchers traveled around the front of Bowen Child Development Center, with children traveling on foot or in strollers. Each held a blue and silver pinwheel, the official symbol supporting victims of child abuse. Musicians with the 25th Infantry Division Band played marches while supporters with pinwheels cheered on.

Leonard Housley, deputy garrison commander, U.S. Army Garrison-Hawaii, signed the official proclamation designating April as Child Abuse Prevention Month. He and staff with the Family Advocacy Program spoke about the need to speak out against child abuse.

“For the family members and community partners who are in attendance today, let me express my deep gratitude for your support and willingness to raise awareness for child abuse

prevention in your community,” said Cindy Morita, manager for the Family Advocacy Program for U.S. Army Garrison-Hawaii.

“I would like to extend a special thank you to the Bowen Child Development Center for hosting the event, and a great appreciation to the Directorate of Emergency Services, the Federal Fire Department and the Honolulu Police Department for joining us today.”

Firefighters with Federal Fire Department rolled out their fire truck and sounded the alarms before dozens of children started to march around the center. Both HPD and MPD held awareness signs as they marched, while adult caregivers helped the



children maneuver the center’s parking lot.

“This is invaluable, getting support of garrison command and Schofield Barracks,” said Kalani Mills, Family Advocacy Program chief at Tripler Army Medical Center. “It takes a community effort to prevent child neglect or abuse. We’re grateful for opportunity to host this event.”

The colorful event included members of Army Community Services wearing special blue T-shirts against child abuse and carrying blue balloons for children. Brianne Williams, a preschool teacher with the U.S. Army Child, Youth and School Services, had her class do a wearable art project for the event. Her students traced their handprints on blue paper and then attached the cutout handprints to a headband. Supporters, parents, staffers and

other participants blew bubbles or waved to the group as the parade moved around the center. With pinwheels blowing in the breeze, the children ended the parade by planting the toy into the ground in front of the center.

Mills said the event helps bring awareness, and if anyone suspects child abuse occurring to call the Family Advocacy Program and the Military Police Department.

“Being in the Army can be stressful on a service member and the service member’s family,” Mills said. “At Schofield Barracks we are a family, and we need to look out for each other.”

Resources

If you suspect there is an immediate danger for child abuse, call 911. Otherwise there are several hotlines that can offer support and guidance:

Family Advocacy Program: 655-4227
Fort Shafter Military Police Department: 438-7114
Schofield Barracks Military Police Department: 655-7114

Colorful characters make Schofield PT in the Park special

Story and photos by **CHRISTINE CABALO**
Staff Writer

SCHOFIELD BARRACKS — Families got a kick-start to their morning physical training routine from their favorite fictional characters during PT in the Park held at the School Age Center’s soccer field Tuesday.

More than 100 children spent an hour exercising with the characters and staff from Child, Youth and School Services Youth Sports. After working up a sweat, the children enjoyed a healthy breakfast and snacks before moving on to the rest of their day. The annual event is held in honor of the Month of the Military

Child.

Dressed in their complimentary gray “Army Strong” T-shirts, the children gathered and were asked to sing the “Elmo’s World” theme song. Anthony Lawson, assistant director of Child, Youth and School Services Youth Sports, encouraged the children to sing as loudly as possible so Elmo would come out to exercise.

Giving excited cheers, one of the children spotted Elmo and called out, “He’s hiding behind that dog!”

That dog turned out to be the costumed character Scooby-Doo, who was waiting with Elmo, Olaf from “Frozen,” Captain America, Spider-Man, Barney, Elmo, Minnie Mouse and Mickey Mouse. Each child stood in line behind their favorite character to complete warm-up exercises and stretches.

“We encourage each kid to be active 60 minutes each day, after doing their homework,” said Eville Aaron with CYSS Youth Sports and who has coordinated PT in the Park, helping run it for the last five years. “Keep running, jumping, living a healthy lifestyle and get into good eating habits. All the snacks we served today are healthy.”

After the warm-up, the children danced to Silentó’s “Watch Me” as the characters did the “whip” and “nae nae” with them. Once the song was over, the group switched between running relay races and navigating a child-



Children warm up for physical training with lunges alongside popular fictional characters during PT in the Park held Tuesday at the School Age Center’s soccer field. The characters included Captain America, Olaf from “Frozen,” Scooby-Doo, Mickey Mouse and Minnie Mouse.

sized obstacle course. The characters stood by, helping the young athletes to complete each exercise, give them high-fives for finishing and posing for pictures when they were done.

Having the characters, active-duty Soldiers, volunteers and staff from Army Community Services programs made a difference, Lawson said.

“(The children) see their favorite characters work out and it makes them want to work out,” he said. “With the characters, they’re very hyped up.”

Many children enjoyed time with the characters, turning what might seem like a chore into something fun and special. Five-year-old

Aaliyah Tellez said she normally enjoys running but had even more fun when Mickey and Minnie Mouse were with her. She and others who attended learned exercises while having fun.

“I really like Olaf,” said 4-year-old Aubrey Rodriguez. “He has warm hugs, and I liked doing the high knees (exercise) together.”

Aaron and Lawson said they take the most joy out of seeing children become more motivated to exercise and be healthy with help from volunteers and the characters.

“Youth Sports could always use volunteers,” Lawson said. “We’re not only teaching skills for sports, but skills for life.”



Olaf from “Frozen” ensures children safely climb up and down at one of the stations in the obstacle course at PT in the Park, Tuesday. After warming up, participants ran in relay races and a multiple-station obstacle course.



9 / Saturday
Intro to Surf — Join Outdoor Recreation on the south shores of Oahu at White Plains Beach, a great beginner location for all ages. Sign up at SB ODR no later than noon the day before the program. \$59 per person. Call 655-9046.

10 / Sunday
Pottery, Quilting and Sewing — Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art. Visit the center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

Sunday Brunch — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome. Meals are served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call 438-1974.

Pool Tournament — Join us at SB Tropics every Sunday in April at noon for a tournament for ages 18 and older. Fee is \$10 and winners will receive AAFES gift cards. Call 655-5698.

11 / Monday
Play Mornings at HMR Chapel — Meet other moms and dads, share information and parenting tips and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. To register, call 655-4227.

Million Dollar Soldier Refresher Training — This SB ACS workshop focuses on basic financial skills to help develop self-reliance and personal responsibility, 8:30-11:30 a.m. The goal is to encourage these Soldiers and families to learn about their personal finances and gain tools for financial success. Located in Bldg. 2091, call 655-4227.

Army Family Team Building Level K (Military Knowledge) — Learn about military benefits and entitlements, how to decipher Army acronyms, the Leave and Earnings Statement (LES), utilize community

Earth Festivities planned across garrison

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS – Get ready for Earth Day! This year's theme, "Four Corners of the World," will be celebrated at two exciting events.
On April 20, Island Palm Communities and USAG-Hawaii will host its annual Earth Day Festival from 2 p.m. to 5 p.m. at IPC's Kalakaua Community Center. The popular Earth Day Passport Challenge will again come into play, so get there early. The first 300 kids to complete the passport will receive cool prizes made from recyclable materials.
DPW also will host an up-cycling booth. Bring an old tank top and make a one-of-kind tote. And, kids can test their knowledge and skills through activities at IPC's SYNERGY tent.
Several cool exhibits are sure to keep family mem-

SYNERGY Art Contest

An exciting contest is planned surrounding Earth Day. Students in the 4th, 5th and 6th grades are invited to participate in a SYNERGY — Saving Our Nation's Energy — art contest. Contestants are asked to create a slogan complimented by colorful artwork that promotes the conservation of our natural environment — energy, water, native plant species, or other important natural resources. The top 12 winners will be published in in IPC's 2016 SYNERGY Calendar, and displayed at upcoming Earth Day events.
The deadline to enter is April 15. Winners will be announced at the Earth Day Festival on April 20.
Log on to www.Facebook/IslandPalmCommunities.com for more details on exhibitors and activities.



bers of all ages entertained for hours, including a showcase of live exotic, but prohibited, animals from the State of Hawaii's Quarantine Branch.
The next Earth Day celebration will be on April 30 from 11 a.m. to 3 p.m. at Fort Shafter Flats, where USAG-HI, IPC, the 9th MSC US Army Reserve and dozens of community organizations will again team-up to share a wealth of knowledge about environmental sustainability through interactive exhibits and activities for the whole family.
All Earth Day events are free, so don't miss out!



Island Palm Communities LLC

All Earth Day attendees will have the opportunity to express their creative side by helping to paint a beautiful mural showcasing Hawaii's natural environment.

resources, improve financial readiness skills and understand the goal and the impact of the Army's mission on daily life, 9 a.m.- 2 p.m., SB Education Center Bldg 560. Call 655-4227.

Dollar Mondays at Schofield Bowl — Come bowl every Monday during April from 5-10 p.m. for dollar specials on games and shoes. Cost is \$1 per person, per game and \$1 shoe rental per person. Call 655-0573.

12 / Tuesday
10 Steps To A Federal Job — Need help with your federal resume? Not sure how the federal job process works? Would you like to know more about Spousal Preference and the Priority Placement Program for Spouses? Learn how, 9 a.m.- noon, at SB ACS, located at Bldg. 2091. Call 655-4227

Gru's Minion Games with EFMP and Special Olympics — Youth Sports, EFMP and Special Olympics are hosting free FS bowling for all EMFP and Special Olympic youth and their families. Come out and bowl a free game with Gru and his minions. Families will be able to bowl one game for free with the option of purchasing additional games.

Minions will be available for picture taking! Reservations required. FS Bowling is located at Chamberlain Road, Bldg. 660. Contact ACS EFMP at 655-4227 to register or for more information.

13 / Wednesday
Earth Day at Fort Shafter Library — DPW's Environmental Division will give a 3:30 p.m. presentation on our water's life cycle, types of pollutants and how they impact the quality of water and ways to keep our ocean clean. Designed for children grades 3 to 5, but can be enjoyed by everyone. Call 438-9521.

14 / Thursday
Basics of Budgeting — Sick of living paycheck to paycheck? This class will help you develop a budget, track expenses and create a system to save and pay your bills on time. Please bring a copy of your LES and a list of bills. SB ACS is located at Bldg. 2091. To register call 655-4227.

Open Texas Hold'em Poker — Every Thursday in April at 6:30 p.m. visit SB Tropics for Open Texas Hold'em Poker. \$10 service fee per person to play. Sign in begins at 5:30 p.m. Call 655-5698.

15 / Friday
"A Fairytale Adventure" Month of the Military Parent & Child Ball — Enjoy dinner, music, and entertainment in your best prince or princess attire on two nights, April 15 and 16. This event is open to all military families (children 3-18 years of age). Tickets are sold at CYS Services Parent Central Services and the SB Nehelani Banquet and Conference Center; \$33.50 for Adults and Children 12 years and up and \$29.50 for Children 3-11 years. Contact Parent Central Services at 655-5341/8380 or 833-5393.

Ongoing
Book Spine Poetry Contest — Celebrate National Poetry Month by stacking book, CD, DVD, or audio-book spines to create a poem. The poem should have a minimum of 3 titles and a maximum of 8. Poems must be submitted by April 30 in photographic form on Instagram, #AHLPoetryKids2016 (grades 1-6), #AHLPoetryTeens2016 (grades 7-12), #AHLPoetryAdults2016 (age 18 and over). Visit SB Sgt. Yano Library, 655-8002.

community Calendar
Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

9 / Saturday
Kolekole — The walking-hiking trail is closed this weekend due to live fire exercises.

Hickam Memorial Theater — Doors will open at 2 p.m., and a free advanced screening of "Barbershop: The Next Cut," begins at 3 p.m., Saturday, April 9. Tickets are available at Hickam Food Court. Call 422-4425.

Butterfly Garden Workshop — Honolulu Board of Water Supply instructs participants, 10:30 a.m.-noon at the Halawa Xeriscape Garden, on how to identify and use drought tolerant plants to attract butterflies (and other beneficial insects) and why these symbiotic relationships help to create a beautiful and sustainable landscape. Fee is \$5; advanced registration is required. Registration closes at 2 p.m. on April 8, or when all spaces are filled. Call 748-5320 or email workshops@hbws.org to register

Family Fishing — Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family

U.S.Army Garrison Directorate's SHARPen Up Your Area Decorating Contest

To register send your Section's Name to
Victim Advocate:
abigail.d.cutter.civ@mail.mil
Must be received by 12:00 p.m. on April 8, 2016.
(Only registered entries from the USAG-HI Directorates will be included in the judging)
Winners will be announced by April 22nd on the Garrison Website: <http://www.garrison.hawaii.army.mil/>
Prizes will be awarded at the April 25th Command & Staff Meeting – 9:00 a.m.
Sexual Harassment/Assault Response & Prevention
Hawaii SHARP 24 / 7 Hotline: (808) 655-9474



event, 10 a.m. – 2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear, fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow - first come, first served. There is a twenty-minute hike to the fishing area. For information/reservations call 233-7323.

12 / Tuesday
Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features

fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319.
Schofield Family Night is held Wednesdays at 5:30 p.m.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

13 / Wednesday
Book of Mormon Musical — The national tour winner of nine Tony Awards including best musical, will play a strictly limited three-week engagement through May 1, 2016 at the Blaisdell Concert Hall in Honolulu. Single ticket prices start at \$37 (service fees may apply). Additional information on single tickets will be announced at a later date. Group ticket sales can be placed at the Hawaii Opera Theatre Box Office. Call 593-9468.

Ongoing
Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.
The service is open to all military personnel, their family members and civilians from all military posts with base access.

JROTC Medal Presenters — Active/reserve officers from all the uniformed services are sought now to serve as volunteer medal presenters for the 2016 Hawaii JROTC awards ceremonies, April 6 to May 28. Only 20 high school JROTC units on Oahu need volunteers. Call retired Col. Arthur Tulak at 477-8195.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)
AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship
•Sunday, noon, at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at Wheeler Annex

Protestant Worship
•Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

Schofield Barracks'

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A reopening

date for movie

viewing

has not been

finalized.

Call Schofield Exchange at 237-4502/4572.



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Division run highlights ‘Take a Stand’ commitment

Story and photo by
SGT. IAN MORALES
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS - In recognition of April being SHARP month, the 25th Infantry Division held a proclamation signing and division run Friday, here.

Prior to the run Maj. Gen. Charles A. Flynn, 25th ID Commander, and Command Sgt. Maj. Scott A. Brzak , 25th ID senior enlisted advisor, signed a proclamation outlining how “Tropic Lightning “ should stand up against the insider threat of sexual assault.

“The formation has done a great job,” Flynn said. “You’re all taking a stand, looking out for one another. It’s good for us to get together, kick off the month as a team to rid (sexual assault) from our ranks.”

Leaders within the division are expected to intervene, act and motivate their units to not be bystanders when it comes to sexual harassment and assault, Flynn said.

“This is about treating each other with dignity and respect, which is something I know you care deeply about and doing that with each one of your comrades, friends, family members, and everybody across the community,” Flynn said.



Maj. Gen. Charles A. Flynn, 25th ID Commander speaks to the entire divison prior to signing a proclamation to bring awareness to Sexual Harassment/Assault Response and Prevention program Friday, here. The division then ran to bring awareness and display the ongoing commitment to eliminating sexual assault from the ranks.

SHARP Program Progress

The Soldiers of the 25th ID ran to remind everyone response and prevention is not just something to be observed once a year, but an ongoing commitment to eliminate sexual as-

sault in the Army.

Lisa Charles, the USARHAW SHARP Program Manager says this year’s “Take a Stand” campaign targets squad and team levels of Soldiers to inspire junior leaders as well as family

members to identify and prevent sexual assault and harassment from the lowest level on up.

“SHARP is tied to readiness,” she said. “If you have an individual who’s been sexually assaulted, they may be experiencing trauma that takes them out of the fight. The SHARP program is there to help those people heal and return to the fight. We have come a long way. We’ve made so many leaps and bounds from where we were, even 50 years ago and 20 years ago.”

The Army is looking towards the future by working with new initiatives to expand the toolbox of SHARP professionals, including interactive training, research into male victimization and the role of alcohol in relation to sexual assaults.

Charles went on to say that she feels proud to be part of such great success from where the Army started to engage in the prevention of sexual assault and harassment to now.

Find SHARP
For more information regarding the SHARP program, visit their Facebook page by searching USARHAWSHARP.

The naked truth of spring involves deployment of a razor

The image shows the cover of the book "THE MEAT & POTATOES OF LIFE" by Lisa Smith Molinari, a contributing writer. The cover features a black and white photo of the author smiling. Below the book cover, there is a text block:

What’s the true sign that spring has sprung? No, it’s not the crocuses, the bunnies or the pussy willows.

You know spring is here, because I shaved my knees this week.

Now, you might be thinking, “Well, that’s an inappropriate way to start a column.” Stick with me — you’ll soon realize that news of my recent knee-shaving is actually the perfect launching point for a deeply philosophical endeavor.

You see, knee-shaving is not exactly a regular occurrence in my life. In fact, from October through March, the prickly hairs on my knees remain completely undisturbed. And as long as we’re being brutally honest, I’ll admit it: During the winter, I only shave my ankles and armpits.

“Thanks for sharing,” you’re probably saying, “but what’s so philosophical about your person-

al hygiene habits?”

Listen folks, this is about more than just hairy knees. It’s about bodily exposure, natural inhibitions, the new meaning of modesty, and the pressure to conform to modern trends.

Ever since the founding of this great nation, America has been about one thing: freedom. More than any other country on Earth, we value certain individual liberties that we feel are our inalienable rights as human beings.

But in today’s modern culture, the need to escape from confining norms, no matter how practical or reasonable, has reached new extremes. The most obvious form of this human drive to break free from expectations and conventions, is our clothing; or the lack of it.

Ever since the 1920s flappers shocked their Victorian mothers by showing their ankles, exposure has been trendy. As the decades passed, that itsy-bitsy teeny-weeny yellow polka-dot bikini got smaller and smaller; until today, when a perfectly acceptable bathing suit consists of about six square inches of Spandex and a few strings.

Modesty, which used to be a widely-recog-

nized virtue, is now seen as prudish, frumpy, and frankly, uncool. In fact, it is now so fashionable to expose body parts, even flagrant nudity has become bohemian.

Pop culture reflects this shift in our culture, with nudity-themed television shows such as “Naked Dating,” “Naked and Afraid,” “Naked Castaways,” “Buying Naked” and “Skin Wars.”

“We’re all born naked,” you might be thinking, “So what’s the big deal?” Certainly, shedding one’s clothing can be liberating and should not be seen as the scourge of humankind. Anyone who has ever seen a toddler rip their own diaper off and run buck naked through the house giggling knows that, on some level, nudity is a natural inclination.

I will never forget the day that my mother and I were painting my daughters’ room. We let my youngest, Lilly, play nearby while we rolled Sherwin Williams “Demur Rose” onto the white walls. While tackling the intricacies of the trim, we failed to notice that Lilly had toddled downstairs and out into the backyard. We panicked for a few moments before we saw her out the bedroom window, completely naked, petting the

neighbor’s cat.

After returning from her naked safari, Lilly reported, “Kitty-cat no like my nakee stuff.”

Unlike Lilly, I’ve always been unusually modest, even during my swim team days back in high school and college, when I had to shower with twenty other females on a daily basis. I kept myself covered whenever possible, but my teammates’ attitudes ran the gamut, including Michelle Gordon, who we lovingly nicknamed “Flesh” because she would strip down to her birthday suit as soon as we set foot in the locker room. So what am I saying?

In all my old-fashioned modesty, I have ironically become the ultimate non-conformist in today’s bare-it-all society. I might shave my knees each spring, but you won’t see me wearing a crop top and Daisy Dukes just because the bees are buzzing. The sun can shine all it wants, but I won’t put on anything with spaghetti straps, a plunging neckline or a mini skirt. And no matter how hot it gets, I won’t squeeze my 49-year-old-mother-of-three frame into a string bikini.

(You’re welcome.)
(www.themeatandpotatoesoflife.com)

TAMC dietitians formulate healthy lifestyle strategies

KASEY KAWAMOTO
Tripler Army Medical Center

HONOLULU – When people hear the titles Registered Dietitian Nutritionists (RDN) or dietitian, they often think of someone who will “tell me to eat healthy” or “help me lose weight.” While both of these statements are indeed true, the job of a dietitian extends far beyond just promoting fruits and vegetables.

RDNs are experts in the field of food and nutrition. RDNs apply the scientific principles of food and nutrition into everyday solutions to help people make positive lifestyle changes. An initial encounter with a dietitian will focus on gathering a detailed picture of your health history, eating and exercise habits, food preferences and other lifestyle factors. This information will be used to create a customized plan to reach your health goals.

RDNs are found in a wide variety of food- and healthcare-related fields, including hospitals, community centers, schools, nursing homes, fitness centers, kitchens, research and private practice.

Defining Dietitian and Nutritionist
The main difference between a dietitian and a nutritionist lies in legal restrictions and insurance reimbursement eligibility. Laws vary by state, but in many states it is illegal to perform individualized nutrition counseling without a license. Additionally, nutrition counseling is not reimbursed through insurance unless performed by a licensed nutrition professional or dietitian. Nutritionists have varying levels of training and experience in the field of food and nutrition, which means that almost anyone can call himself or herself a “nutritionist.” The state of Hawaii does not recognize nutritionists as eligible practitioners for insurance reimbursement. An RDN is protected by law, and only those who have met the national standards for education and training may use this title. At a minimum, RDNs must earn a four-year degree from an accredited dietetics program, complete at least 1,200 hours of a supervised internship and successfully pass a national registration exam. RDNs must also earn continuing education credits to maintain their registration. Over half of all RDNs hold a master’s degree or higher, and

many earn certifications in specialized fields such as diabetes education, sports nutrition, pediatrics or renal disease.

What are the benefits of seeing a Registered Dietitian Nutritionist?
In today’s era of modern technology, a wealth of information can be obtained from the Internet. However, identifying reliable information can be tricky. RDNs abide by a code of ethics defined by the Academy of Nutrition and Dietetics (AND) and the Commission on Dietetic Registration (CDR). This code states that dietitians are expected to provide clients with scientifically proven principles, current data, and interpret controversial information without personal bias. When you see a dietitian, you can be confident in knowing that you’re receiving accurate and trustworthy advice.

TAMC Nutrition

Interested in improving your health and diet? Schedule an appointment with Tripler’s Outpatient Nutrition clinic by calling (808) 433-4950.

TAMC

TIP

Carb intake

Looking for healthier, less-refined carb choices? These carbohydrates are minimally processed foods that are digested more slowly than refined carbs, and contain vitamins, minerals and fiber. They do not typically cause rapid blood sugar spikes and should be the focus of your carbohydrate intake. Common examples include:

1. Whole grains (such as dense whole grain bread and intact whole grains, such as basmati rice, barley and quinoa)
2. Beans
3. Nuts
4. Vegetables and fruits

Add them to your grocery list and shopping cart for a healthier diet!